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# The Pacifican February 12, 2015

University of the Pacific

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# THE PACIFICAN

UNIVERSITY OF THE PACIFIC'S NEWSPAPER SINCE 1908

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THURSDAY, FEBRUARY 12, 2015

## "The Pacifcan Who Changed My Life"



(From left to right): Bill Coen, Rear Admiral Paula Brown '82, Grant Ennis '07, Chris Schueler '78, Regent James Mair '68 and Peter Ottesen at the ceremony on Saturday night. Pacific Alumni Association

**Nicole Felkins**  
EDITOR-IN-CHIEF

As part of the 56th annual Distinguished Alumni Awards weekend, a private dinner was held for the honorees by the Pacific Alumni Association on Friday, Feb. 6. The four alumni being honored, Regent James Mair, Chris Schueler, Paula Brown and Grant Ennis, each distinguished a Pacific faculty, staff or alum as the Pacifcan Who Changed My Life. Each honoree came up to the podium to explain the reasoning behind his or her choice.

Regent Mair, a graduate from the Eberhardt School of Business, was granted the Distinguished Alumni Award for University Service. Mair became a regent in 2008; he was responsible for the relocation of the Arthur A. Dugoni School of Dentistry to San Francisco. Mair picked Monroe Hess, Ph.D., as his Pacifcan Who Changed My Life. Hess taught finance and business at Pacific before he passed away. Hess also owned local businesses; Mair recalled how the professor would let students watch him run a business. Mair felt like he learned a lot from Hess because the professor "made you answer your own question," described Mair. "I blossomed when I came to Pacific," revealed Mair to The Pacifcan.

Schueler, a film director, producer and winner of 21 Emmys, was awarded the Distinguished Alumni Award for Public Service. Christopher Productions, Schueler's namesake company, focuses on educational and social issues, family and

youth programming, as well as cultural and social documentaries, that fulfills Schueler's vision of "Television to Touch the Heart." Schueler also travels around the world to provide camera equipment and training to community members interested in documenting an issue in their community.

Schueler recognized his classmate Dean Butler '79. Schueler fondly recalled his and Butler's competition for lead roles at Pacific. However, Butler "won that competition," said Schueler. Butler helped Schueler engender commitment, dedication and focus. Butler came up to the podium to receive his award. Butler felt "humbled and flattered," noting that if he was given the chance to bestow the award to someone, he would have given it to Schueler. "Chris is the best producer I've ever known," opined Butler.

Ennis, a graduate from the School of International Studies, was recognized with the Outstanding Young Alumni Award. Ennis introduced a microcredit program to youth in developing countries. He currently provides humanitarian relief services to developing nations like Iraq and Syria. Ennis honored Jerry Hildebrand as his Pacifcan Who Changed My Life. Hildebrand was an "absolute inspiration" to Ennis; "I see myself becoming like him," said Ennis. Hildebrand thanked Ennis for the award. "With Grant, there's always great stories," noted Hildebrand. Hildebrand was impressed by Ennis' many accomplishments. For example, Ennis formulated a microcredit program that 50 countries

adopted. In an interview with The Pacifcan, Ennis expressed how surprised and honored he was upon hearing news of the award. When asked how Pacific changed his life, Grant replied that the University inspired him to do good things. SIS provided him with a critical perspective of how the world worked.

Rear Admiral Brown received the Distinguished Alumni Award for Professional Service. Brown's service in the Navy led her to become captain of the U.S. Navy Seabees 30th Construction Regiment in Iraq between 2005-06. Brown was promoted to rear admiral shortly after that, making her the second female in Seabees history to receive the rank. Brown honored David Fletcher, Ph.D., a retired engineering professor, as the Pacifcan Who Changed My Life. She spoke about how grateful she was to learn from Fletcher, who encouraged students to figure out the answer for themselves. In an interview with The Pacifcan, Brown disclosed, "He was always somebody I could go to, and he never let me give up on myself." Brown noted that Fletcher was in Antarctica, so he could not attend the dinner.

The awards ceremony was held on the following night. Peter Ottesen and Bill Coen received the Honorary Alumni Award. Coen, the former assistant vice president of Alumni Relations, championed the construction of the Alumni House. Ottesen and his wife, Alexandra Ottesen '81, are noted for endowing a scholarship in their name to the Gladys L. Benerd School of Education. Bon Appetit catered the event.



# Anti-semitic graffiti found on Wemyss Hall walls

Jodi Tai  
NEWS EDITOR

Two weeks ago on Jan. 31, hateful graffiti was discovered on the walls of Wemyss Hall's second floor study lounge. On Monday Feb. 9, Vice President of Student Life Patrick Day notified students of the appalling vandalism via email.

In Day's address, he reported that anti-Semitic messages, "among other troubling statements and images," were scrawled on the dorm's walls. The graffiti was promptly removed.

"Our University expects tolerance, a sense of community and civil discourse," related Day. "The University does not tolerate offensive, hateful statements of any kind. We are committed to ensuring a campus culture that values diversity, integrity, collaboration, leadership and respect for others and their views."

The investigation on this incident continues. Pacific's Bias Response Team is currently looking into the matter and it is strongly encouraged that anyone with pertinent information fill out a Bias Reporting Form found on the team's website. Anonymous reports are accepted

as well.

"Please be assured that we are committed to learning who is responsible for the graffiti and addressing this behavior seriously," concluded Day.

"For any students, faculty and staff wishing to reflect about this issue and other campus climate concerns, resources are available at the Multicultural Center (209.946.7707) and Religious and Spiritual Life (209.946.2538)."



University of the Pacific

## Can you feel the love tonight? Make V-Day reservations now



Bon Appetit

The River Room is located on the second floor of the UC.

Jodi Tai  
NEWS EDITOR

It's not too late to make plans with your special someone at the DeRosa University Center's River Room. Consider an early Valentine's Day date from 6-8 p.m. on Feb. 12 for a three-course meal.

Choose an entree from filet mignon, chicken breast and shrimp carbonara, complete with dessert and salad. All this for only \$20!

Make sure to make those reservations by calling 209-460-3991. Check out Bon Appetit's Facebook page for information.

# IMMUNIZATION

DEADLINE - 2/17/15

# COMPLIANCE\*

- Log in to the MyHealth@Pacific site to view your records and status. (see link below)
- You must meet all of the requirements to be considered "compliant".
- Fines are assessed one time, not per semester
- Submit records via mail or in person to Pacific Health Services in the Cowell Wellness Center, Monday-Friday 7:30am-5:30pm

- Read your secure messages for vital information.
- Book an appointment to speak with a healthcare provider at no cost. Depending on your insurance plan, immunizations administered or blood drawn at the health center may result in fees.
- Registration holds prevent you from registering for classes, adding/dropping courses, and receiving official transcripts and diplomas.

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\*Applies to all Stockton students, staff, and faculty enrolled in 1 or more units, regardless of insurance coverage.



# Lights, camera, (social) action!

## Emmy-winning director Chris Schueler receives Distinguished Alumni Award for Public Service

**Nicole Felkins**  
EDITOR-IN-CHIEF

Presented by the Council of Social Entrepreneurs, Emmy Award-winning film director and producer Chris Schueler '78 spoke at the Bechtel International Center on Thursday, Feb. 5 at 5 p.m. Schueler is this year's recipient of the Pacific Alumni Association's Distinguished Alumni Award for Public Service.

Schueler, the founder of his own company, Christopher Productions, has won 21 Emmys and created over 100 television programs, reports Christopher Productions' website. For over two decades, Christopher Productions has focused on educational and social issues in family and youth programming, as well as cultural and social documentaries that fulfill Schueler's vision of "Television to Touch the Heart." Schueler's clients include the United Nations, the PBS network and the CBS Network Foundation.

In his talk Schueler explained how his company provides cameras and training to people in other countries in the promise that they film an issue in the community. The national or local TV networks will often broadcast the shows that are produced, spreading community awareness of the issue. For example, in the early '90s, dairy farmers in India would often spoil their milk. They learned basic hygiene methods by watching a 2-minute video. There were 30 million dairy farmers, but 95 percent of the country's inhabitants were illiterate. Schueler reasoned that a video could reach millions of people more quickly and cheaply than sending people to each village to teach the Indians through songs. By training local members of the community, villagers would want to watch the films to see their fellow community members in it. At the time, they traded their VCR tapes. The process of creation really drove community change, noted Schueler. Recognizing the importance of community input, Schueler will ask



abqjournal



University of the Pacific

community members what he should do to solve a particular problem in their community. The documentaries are so successful because they engage community members in the process of their creation.

The documentarian talked about another project where HIV/AIDS was becoming a problem in Nicaragua, but the community would not discuss the issue. He gave several groups cameras and training with one catch: Their first story would be about HIV/AIDS. The films became a week-long series on the national TV station Good Morning Nicaragua. Schueler also recounted his experience working in other countries, such as Tajikistan and Indonesia. He does thorough research for a year to a year and a half before he engages in a project, so he knows

which organizations might be interested in funding his project. To ensure impartiality, he does not take funding from a single entity. Schueler recognizes the importance of his role as a documentarian: "I am a conduit to a large audience." When it comes to his work, Schueler believes, "I got much more out of it than I gave."

Organizations interested in a project's success often offer their help, and a contract is drawn. One time Schueler did not even have to draw a contract: the Seminole Indians of Florida, who had an interest in clearing the HIV/AIDS epidemic in Nicaragua because they owned crops there, wrote him a check for \$50,000. His company's research unearthed the discovery, underscoring the importance

of thorough research.

In an interview with The Pacifican, Schueler stated that the topics he focuses on choose him, from the people he meets to the things he sees. He recounted an experience where he read an article about a young girl who died of alcohol poisoning at a slumber party, but the project lost its funding midway and Schueler had to pull the plug. However, the crew was so dedicated to the project that they went ahead and filmed it without a paycheck. "If your passion is there, it all happens," proclaimed Schueler. Schueler relayed his motivation: "We are trying to create social change; it is not about the money." He reminded students that life is not about money. Schueler feels that if you make a decision, the means often become available.

In addition to his namesake company, Schueler is the founder of "News 101," a nationally syndicated teen news project that gives teenagers the training to produce news for local TV network affiliates. His company also creates "Wild's Life," an internationally syndicated animal adventure television series.

As for future projects, Schueler hopes to make an international documentary focusing on one issue on every continent to see how fear manifests itself around the globe. Laurie Lichter-Heath, J.D., the advisor to the Council of Social Entrepreneurs and professor in the Eberhardt School of Business, commented, "He's doing wonderful things. You can be doing something you love and still succeed." Schueler proves that students do not need to take an oath of poverty to make a difference in the world. Nasser Bahzad '15, president of the Council, shared, "I was definitely inspired." Schueler showed him that a student does not have to be a business major to be a social entrepreneur; the documentarian graduated from Pacific with a degree in English and theatre. The talk concluded with a question-and-answer session.

## Public Safety



Weekly Report  
Feb. 1 - Feb. 7

### Arrest

800 W. Sonoma 02.02.15

Officers made contact with a subject at the above location and learned he had three outstanding warrants. The subject was arrested for the warrants.

### Theft

Physical Plant 02.02.15

Officers took a report regarding the theft of tools from a staff member.

### Sexual Battery

Public Safety 02.03.15

The department recorded an instance of sexual battery, which occurred on campus in February 2014.

### Fire

Biological Sciences Bldg. 02.04.15

There were reports of an electrical fire on the second floor. The building was evacuated, and firefighters responded to assist in clearing the smoke out of the building.

### Suspicious Incident

Library 02.05.15

Officers met with the reporting party, who was concerned about a subject she briefly met who she thought was stalking her. The officers gave her some advice, including to call Public Safety if the behavior continues.

### Arrest

John Ballantyne 02.07.15

Officers observed a transient walking around with a hammer and stopped to question him. They learned he had an outstanding warrant, which he was subsequently arrested for.

### University Report

Tiger Paws Lounge 02.07.15

The staff reported finding the Tiger Lounge ransacked during the evening hours.



# OPINION

## Business Insider ranks Pacific “underrated college”

**Lauren Peterson**  
DISTRIBUTION MANAGER

When selecting a college to attend, whether straight out of high school or mid-career, many factors influence a person's decision (or even to attend at all). What usually tops the list is cost and school prestige. But what happens when the ranking systems are wrong? What happens when the amount of respect a university garners has to do with reputation, but not actual results?

University of the Pacific finds itself in that situation right now. Business Insider, an American business and technology news website, regularly ranks American colleges, recognizing the best schools, best professors and even best majors for landing a job. The most widely recognized college ranking report is created by US News & World Report, a consumer advice media company, which loudly recognizes the Top 100. But Business Insider realizes that the metrics used to rank schools are outdated or misrepresented and have addressed the matter by creating The Top 25 Most Underrated Colleges in America.

As it turns out, Pacific currently holds the spot of the No. 21 Most Underrated College in America.

But what does this mean?

Business Insider states it plainly: “We figured that schools with a bad reputation but a high salary would be underrated, and schools with a great reputation but terribly salary would be overrated.” The graph plots colleges according to salary comparison website PayScale's Ranking and the US News College Ranking, creating a regression line

that should outline the appropriately rated schools. Any above are considered overrated, while those below are considered underrated. At University of the Pacific, with a US News & World Report Ranking of No. 116 and a No. 72 ranking in PayScale's mid-career salary list, we are truly an underrated school.

Our ranking as one of the most underrated colleges in America is not a backhanded compliment. University of the Pacific continues to provide excellence in education that can and will translate into higher earnings in the graduates' chosen

careers. Pacific may not receive the recognition it is due, but the school has not let that hinder its performance or commitment to its students.

So when you find your siblings, friends or other family members weighing their options when it comes to attending a university, remind them that while a good reputation can be impressive, it isn't always indicative of their success after graduation. Attending college is an expensive, stressful and life-changing affair; why not attend one that sets you up for success?



Newsweek

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CONSIDER WRITING FOR  
**The Pacifican!**

MEETINGS ARE THURSDAYS IN THE SMITH LOUNGE OF GRACE COVELL AT 12 PM!



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Noon every Thursday  
in the Smith Lounge

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Editorial comments reflect the views and opinions of the majority of The Pacifican editorial board, unless personally signed. The views of The Pacifican are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.



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# UNIVERSITY OF THE PACIFIC

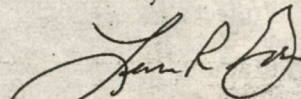
Eberhardt School of Business

## *Dean's List - Fall 2014*

The Eberhardt School of Business regularly recognizes students who have achieved a GPA of 3.5 or higher during the previous semester by including their names on the **Dean's List**.

The names in **BOLD** indicate recipients of the **Dean's Excellence Award**, achieved by inclusion on the Dean's List for 3 or more consecutive semesters.

On behalf of the Eberhardt School of Business, I congratulate and commend all of the students listed for their commitment to academic excellence at the University of the Pacific.

  
Lewis R. Gale,  
Dean

Ashley M. Jones  
Michael D. Jones  
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Zhirong Wu  
Li Kai Xi  
Tianyu Xie  
Donna Yau  
John H. Yoon  
Yazheng Zhao  
Jack O. Zicovich



# Black vs Orange

PRO

Topic of the week:

Getting married young

CON

**Alex Rooney**  
OPINION EDITOR

So, you have a significant other, and things have been going well. Perhaps the idea of a long term commitment has even come up — a lifelong commitment.

While most people will try to tell you that getting married at college age is not a good idea, only you can truly know the depth of your relationship, and for some couples, entering into a marriage at a younger age is not a bad idea.

Though the strongest case for getting married at a young age is a deep and true love, The Huffington Post published an article last month written by a young woman who did in fact get married young — right out of college — who listed the choice's many benefits.

The most compelling of these benefits was that young married couples have an easier time combining lives, so no one is obligated to uproot their career or deal with a name change as an established professional.

Young couples can begin

their adult lives together, earning credit and opening bank accounts together, rather than having to deal with the stress of combining everything later on. Couples who remain married can have four times as much wealth as their single or divorced peers, reports Today.

Additionally, these couples may have to struggle through some hardships, but they have the ability to learn and grow together as a couple, rather than meeting someone already set in their ways.

If these sentiments are not enough to convince you, it should also be noted that the National Marriage Project's 2013 report, "Knot Yet," reported that a survey of adults who were married, single or just cohabitating showed the happiest 20-somethings were the ones who were married.

Overall, the decision to spend the rest of your life with someone will always be a big one, no matter your age. However, if there is any question of whether or not you and your partner are ready for such a serious commitment, the answer is likely no.

**Sasha Kasoff**  
STAFF REPORTER

As college students, serious relationships may constitute a large part of our lives. But how do you know when it's time to tie the knot? Before you decide to get married young, there are a few factors you ought to consider.

Sure, you may be madly in love now, but you have to think about the future before jumping into a lifelong commitment. What are you and your partner's goals in life? Are you planning on moving to the same area after you graduate? When do you want to have kids?

If you haven't lived with someone for at least a year, don't marry him or her yet. You can't truly know your significant other without this crucial step. Seeing each other clean, well-dressed and presentable is not the same as knowing if they leave their socks on the floor, if they don't do the dishes as often as you do, etc.

Everyone has habits, and you have to find someone whose little idiosyncrasies won't drive

you up the wall in a couple of years down the road.

Think about it this way: How different of a person were you five years ago? Ten years? Now just imagine the changes that will occur in both of you in the next five, 10 or 30 years.

Think about how different you will be after you have kids, and consider all the mess, stress and lack of sleep they come with. Do you already fight a lot? Then chances are that won't go away with a change of scenery, getting married or having kids.

An article in The Atlantic analyzed government data and found that "the longer couples waited to make that first serious commitment, the better their chances for marital success." While living together seems to increase your chances of not getting divorced, divorce rates themselves have increased by "900 percent over the last 50 years." Merely waiting to get married until after you are 23 cuts the divorce rate in half.

Ultimately, only you can know if someone is right for you, but keep your future in mind if you get swept off your feet this Valentine's Day.

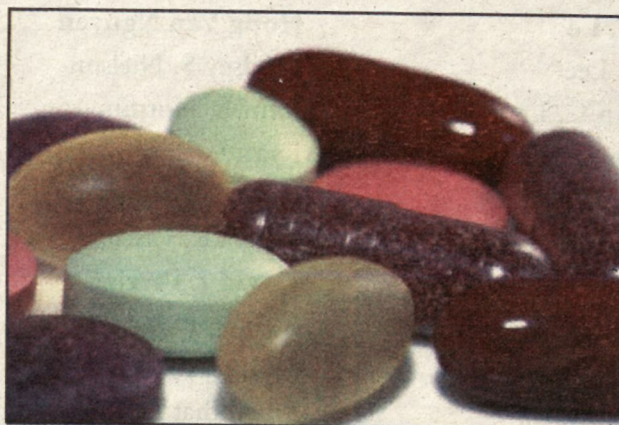
## Are all-natural supplements a friend or a foe?

**Sasha Kasoff**  
STAFF REPORTER

Health is a serious concern for many people in America. We have all kinds of sayings and advice about it, too: Take your vitamins, eat your vegetables, an apple a day keeps the doctor away and countless trends in dieting and superfoods. But what if the vitamins and supplements you are taking aren't providing the things your body needs?

Recent studies have shown that many stores don't have any regulations to ensure what the labels say are true. Not only is this ethically wrong, but in some cases this can also be potentially life threatening. An article in the Washington Post says that sometimes companies use wheat, corn, beans, rice and more as filler for their herbal supplements. Someone with a food allergy can be consuming these tablets that are supposed to make them healthy, but are seriously hurting them instead.

The New York State Attorney General's office targeted GNC, Target, Walgreens and Wal-



Hibiscus Coast Seconds

Mart and found some extreme results. A USA Today article reported that vitamin D supplements had 9 percent of the ingredient the label said they were supposed to have, but most were not even that accurate. Wal-Mart's six supplements all failed

the DNA test to confirm they purely contained the ingredients listed on the label. Tainted supplements have even been linked with kidney failure, hepatitis and a few deaths, so this is a serious concern.

So, why do this? Money? Of the four chains, only Walgreens agreed to remove the offending products from their shelves. An article from The New York Times says that under a 1994 federal law, "Supplements are exempt from the F.D.A.'s strict approval process for prescription drugs, which requires reviews of a product's safety and effectiveness before it goes to market." And who helped to pass this bill? Republican Sen. Orrin G. Hatch of Utah, who "accepted hundreds of thousands of dollars in campaign contributions from the industry and repeatedly intervened in Washington to quash proposed legislation that would toughen the rules."

Until further research is completed, you might want to stick to soup, tea and citrus when you get sick — those multivitamin tablets just might make you feel worse.



# LIFESTYLES

## DEPARTMENT SPOTLIGHT

### Vice President Patrick Day takes proactive stance on Student Life

Nicole Felkins  
EDITOR-IN-CHIEF

You have probably seen him walking around campus in a sharp black suit or eating with Pacificans in the DeRosa University Center. If you didn't know already, that is Vice President of Student Life Patrick Day. Student Life, and ultimately Day, is responsible for impacting a key part of a student's college experience.

Day keeps things interesting on a day-to-day basis by serving a dual role on campus. As a senior administrator, he participates in the cabinet of Pacific President Pamela Eibeck, as well as working with the University's vice presidents. "But at the same time I also have to be very closely connected to students, which oftentimes can be a very different role than sitting in meetings around the table... I think it's the best job on campus."

Student Life creates co-curricular activities that are in concert with what students learn inside the classroom, providing pathways for students to think and enact change in the world. "The role of Student Life is to be that place where you become a more powerful you," summed Day. Each day is different: "There are no typical days for someone like me. That's part of what makes it fun." For example, "I can go from being on stage in the community, to talking to a student group, to sitting in a cabinet meeting, to responding to an emergency situation with a student." Day cites student safety as his first order of concern, which he believes is realized in multiple ways. From students who get a drink on the Miracle Mile, to students experiencing behavioral health changes, he is concerned about students' total safety.

According to Student Life's mission statement on the University's website, "this division fosters whole person learning and student success using tools such as innovative thinking and dynamic programs." Day discussed examples of innovative thinking and a number of dynamic programs offered at Pacific, such as the Arts and Entertainment division of Associated Students of University of the Pacific. "I think if you look at the amount of community engagement activities that happen throughout the city of Stockton that come through the Center for Community Involvement, it is absolutely dynamic and student-led. That's part of what makes them dynamic: that leadership is being coordinated by members of my staff, but that it is students who are making those things happen. If



University of the Pacific

you look at the way our advisement with ASuop, particularly A&E, and their level of programming — it's exceptional, the kind of programs that they're doing."

Day also discussed the Pacific Arts and Lecture series, which provides faculty, staff and student groups with funding to host a lecture, colloquium or concert. It is innovative not just because Student Life says so, but because "we created the space where we can support the innovation that's coming from members of the community," explained Day. He also believes it must always adapt to meet the latest students' needs. "It's more of a journey than a destination and it's one that, even if it is a destination, at some points it's going shift, because students are changing... We should always be moving to try and create a Student Life that is best for what students in 2015 want, as opposed to what students in 1995 were interested in."

As for what the ideal Student Life is like, it is one where every student on the campus has an opportunity to be engaged by the University in a safe environment that helps you become a better you. Day wants all students to find their own place, and that's different for every student, so Student Life gives students a variety of resources to help them explore their purpose in life. "It should be a place where you can explore the best you," reflected Day. The vice president of Student Life is always looking toward the future and is currently developing a comprehensive student leadership development program. Day wants students to reflect on the following: "How do you as an individual, in all the domains of your life, take advantage of the opportunity

to lead?" Through the developmental experiences Student Life offers, students can gain the confidence to voice their thoughts and lead in a variety of settings.

If you have ever wondered why Day always eats lunch in the UC, there is an explanation for that: "I sit in the UC at the front all the time and I'm very deliberate about that." Students "can approach me if they want to or at least know that there is something called Student Life and it's accessible."

Apart from being a visible presence on campus, Day's job involves addressing some of the criticisms that every job must deal with. Most involve service issues, but his method involves a quick and thorough response. He appreciates the criticisms he receives from students, for they often include a recommendation on how to remedy the issue. "I enjoy the feedback because it's an insight from a student perspective that I'm not going to have."

The compliments Day receive are manifold, whether it is Public Safety or Allison Dumas of the Community Involvement Program. "What I hear mostly from students and staff is an appreciation for the members of the staff and the Division of Student Life who they just feel like are walking with them... People like Danny Nuss in Disability Services who provide with such great skill to make sure Pacific is a place where all of our students have the opportunity to be successful." One thing is abundantly clear: Day truly loves his job of helping students attain their best selves. "Students are the No. 1 reason why I like working here. Our student population is amazing; it's so incredibly diverse in so many different ways."

Those who oversee the University's day-to-day operations "care about the success of the campus. They value the University and what it's about and you can tell." As for what Day thinks Pacific could work on, he cites one thing: school spirit. "I'd like for us to toot our horn a little more than we do." Before Day came to Pacific, he was the vice chancellor of Student Affairs at the University of Massachusetts, Boston, for seven years. When he heard about the opportunity to work at the nationally renowned University of Pacific in Northern California, he seized the chance. It was "not a hard sell," noted Day. "I have really enjoyed living in this part of the world, and even more, I've enjoyed this campus. This is such a good place — it really is. I have lived in multiple cities, so I have a basis of comparison." In short, "This is a wonderful place," Day enthused.

## Upcoming Student Events

### Thursday, 2/12

Art Exhibit Autopoiesis:  
"Creative Self-Construction"  
9 A.M. AT THE REYNOLDS  
GALLERY

Library Exhibit: Ancient and  
Honorable Order of E Clampus  
Vitus  
9 A.M. AT KNOX LIBRARY

Love Your Body Fair  
11:30 A.M. AT UC LAWN

Lunch Behind The Lair: Chat  
with the Chaplains  
NOON AT THE UC

Dr. Michael Kirst on Common  
Core Standards  
6 P.M. AT BENERD SCHOOL  
OF EDUCATION, RM. 118

Langham/Fryer Pyramid  
Quartet at Take 5 Jazz at the  
Brew  
7 P.M. AT THE VALLEY  
BREWING COMPANY

Women's Basketball v. San  
Diego  
7 P.M. AT SPANOS CENTER

### Friday, 2/13

Art Exhibit Autopoiesis:  
"Creative Self-Construction"  
9 A.M. AT THE REYNOLDS  
GALLERY

Library Exhibit: Ancient and  
Honorable Order of E Clampus  
Vitus  
9 A.M. AT KNOX LIBRARY

Women's Tennis v. Fresno  
State  
10 A.M. AT THE HAL NELSON  
TENNIS COURTS

Men's Baseball v. Washington  
6 P.M. AT KLEIN FIELD

Resident Artist Series: Nicolasa  
Kuster & Sonia Leong with  
guest Steven Braunstein  
7:30 P.M. AT THE RECITAL  
HALL

World Premiere Performance of  
"The Lost Boy"  
7:30 P.M. AT DEMARCUS  
BROWN THEATRE

## Movies This Week

### Thursday, 2/12

"The Pursuit of Happyness"

### Friday, 2/13

"Dumb and Dumber To"

### Saturday, 2/14

"Dumb and Dumber To"



## BODY &amp; WELLNESS

## Yoga poses that can help ease resistant sleepers

**Lauren Peterson**  
DISTRIBUTION MANAGER

It's the age-old issue: After a long day of classes, meetings, homework, socializing and gym time, you are expected to fall asleep as soon as your head hits the pillow.

But in our world of high expectations, constant electronic connection and busy schedules, it can be exceedingly difficult to catch the appropriate amount of Z's — or guarantee their quality.

To combat this insomnia — and no, we don't mean your inability to fight the urge for just one more episode on Netflix at three in the morning — numerous websites and apps suggest incorporating yoga into your pre-bedtime routine.

In order to focus the mind on a restful night's sleep, one should establish a relaxing bedtime routine. This is easier said than done, but the

practice of a few simple yoga poses before bedtime could be the difference between constantly counting sheep and consistent restful sleep.

After changing into your pajamas and brushing your teeth, close the door to your bedroom and eliminate distractions. This means shutting off the harsh overhead light in favor of a softer lamp and putting your phone on Do Not Disturb mode.

The crucial point here is to turn your phone off or away from you. In an age of tech-addiction, this is probably the hardest part of falling asleep: unplugging.

Once you are able to let go of all the social media apps and feel comfortable knowing that your inbox is still an inbox, and will not delete vital messages that must be seen, you will be well on your way to a better sleep.

Next sit on your floor, close

your eyes and take three deep breaths. When ready, position one leg out in front of you and tuck the other one by your knee, place your hands on your outstretched foot and try to bring your head to your knee.

This is Janu Sirsasana (head-to-knee pose), which you should hold for a few long breaths before switching to the other side. Try to take 6 deep breaths, holding in each for 6 counts. Then alternated sides.

Another pose to consider is Upavistha Konasana, which consists of both legs being outstretched on either side of you while leaning forward into the stretch. Hold here for a few breaths just like the pose before, while lengthening your spine, which will ensure the lower back is straight.

Lastly, try the recline twist. It does not involve sprawling out on a couch, but laying on your back, bring your knees

up, creating a 90-degree angle from your hips to your feet.

Then, twist your legs to one side while turning your head in the opposite direction. Your legs do not have to touch the ground. Hold this position for a few breaths and switch.

The purpose of these exercises is to normalize the breathing, focus the mind and loosen the muscles

before bed. This allows you to snuggle under your covers with less stress and much calmer thoughts.

These and many more yoga poses can be found with a quick Google or App Store search.

The Baun Fitness Center offers yoga classes every day of the week, except Saturday.



This is Janu Sirsasana (head-to-knee pose).

## 2015 Call for Nominations

### Faith ALL-UNIVERSITY LEADERSHIP AWARDS Davies

*The Faith Davies All-University Leadership Awards aim to recognize the success of Pacific students, faculty, staff, and student organizations. Please acknowledge and celebrate their success through taking time to nominate individuals and student organizations for one or more of the awards listed below.*

#### Stockton Specific:

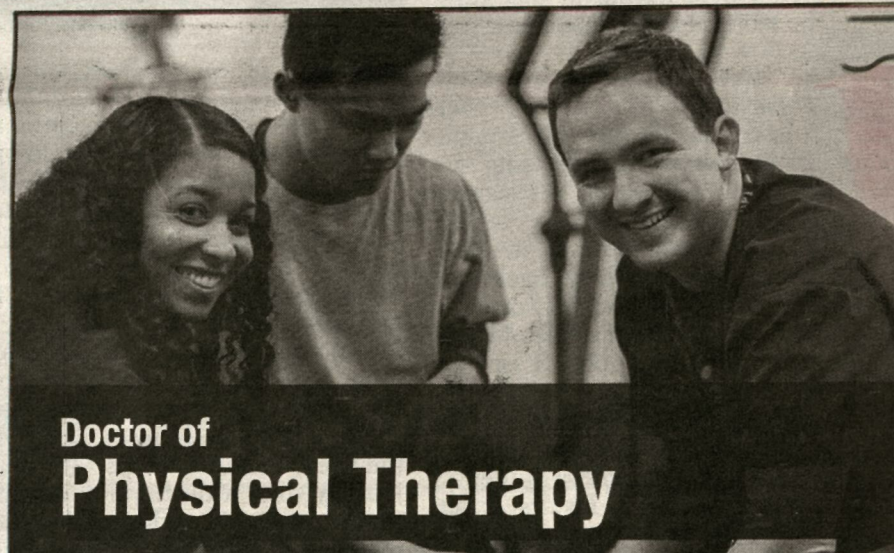
- DOCHTERMAN OUTSTANDING JUNIOR SCHOLARSHIP
- JESSE MARKS CO-CURRICULAR AWARD
- KAREN DEROSA OUTSTANDING GRADUATE STUDENT LEADER AWARD
- ELIZABETH GRIEGO OUTSTANDING STUDENT LEADER AWARD

#### All Three Campuses:

- ANDERSON Y COMMUNITY SERVICE AWARD
- OUTSTANDING STUDENT ORGANIZATION ADVISOR AWARD
- PACIFIC FUND PHILANTHROPY AWARD
- PACIFIC TIGER AWARD
- PODESTO AWARD FOR EXCELLENCE IN STUDENT LIFE, MENTORING, AND COUNSELING

For a description of each award and the nomination form, please visit <http://www.pacific.edu/Commencement-Home.html> and select *Schedule of Events* or <http://www.pacific.edu/faithdavies>.

Submit completed nominations by 5:00 p.m. on Friday, March 13, 2015.



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## VALENTINE'S DAY EDITION

## Do you know the origin of Valentine's Day?

Allison Williford  
STAFF REPORTER

Valentine's Day is one of the most romantic days of the year, and yet it has one of the craziest backstories. Instead of affection, chocolates and love letters, this holiday has its origins in heartache, sorrow and grief.

The Huffington Post reports the earliest account of this holiday states that it began around the 3rd century A.D., when Roman Emperor Claudius II decided to ban marriage to increase the number of single, able-bodied soldiers.

He believed that an unmarried man was a more effective fighter than a married one because a single man would have no family to think about — he would give his all on the battlefield.

How does this relate to Valentine's Day, you ask? Well, there was a priest by the name of Valentine who decided to go behind Claudius' back and marry people because he believed in the sanctity of marriage. As soon as Claudius found out, he imprisoned and eventually beheaded Valentine for his "crimes."

Legend says that during Valentine's stay in prison, local children would

pass him notes through the bars of his cell. The tale goes on to share that Valentine eventually fell in love with the guard's daughter and signed a letter to her "from your Valentine," the Encyclopedia Britannica reveals.

For his bravery and sense of duty to the church, he was christened a martyr. Feb. 14 was named Valentine's Day by Pope Gelasius I at the end of the 5th century to commemorate this historic figure. The legend of Valentine eventually evolved into something more romantic due to the stories by Shakespeare and Chaucer, who incorporated him into their romantic tales, notes The Huffington Post.

Valentines as we know them today — adorable little notes of sweet sayings professing the writer's love — were in the beginning development phases in the 1500s and were sold to consumers in the 1700s, asserts Encyclopedia Britannica.

The 19th century saw the boom of factory-produced cards due to the Industrial Revolution, according to National Public Radio. To capitalize on this enormous money-making holiday, Hallmark Cards began their production and marketing of cards in 1913.

Many of these valentines would show the Roman god of love Cupid in some adorable fashion due to his association with all things romantic, according to Encyclopedia Britannica. Children pass them to each other in school usually for fun or to try to catch the eye of someone special.

Valentine's Day is one of the most lucrative holidays of the year. In 2010 alone, NPR shares that consumers spent \$17.6 billion on Valentine's Day. Compare that to \$2.6 billion on Halloween and \$1.44 billion at Easter, reported by Forbes, and you see just how much this one day costs. Much of this spending went toward chocolates, jewelry and romantic dinners for that special someone. National Geographic and the Greeting Card Association recount that 190 million Valentine's Day cards are sent out each year. That's quite a few cards going out, and there are only a couple days left



Pumpkins&amp;Posies

Cards have become popular gifts on Valentine's Day.

to send them. Better go forth and get your significant other something nice to make their heart flutter and tears come to their eyes!

## World's largest coffee date

Eilleen Le  
SOCIAL MEDIA COORDINATOR

If you are single and a big coffee fan, then you are in luck! With Valentine's Day quickly approaching, Starbucks and Match.com are helping people find love with the "world's largest coffee date" on Feb. 13 from 2 p.m. until close.

According to the Starbucks Newsroom website, there is now a "Meet at Starbucks" feature available on Match where members can invite someone they like to a coffee date and easily find a convenient Starbucks location to meet up.

This is essentially a day to bring people together. Starbucks' Global Chief Marketing Officer Sharon Rothstein states, "For more than 40 years Starbucks has been a place to

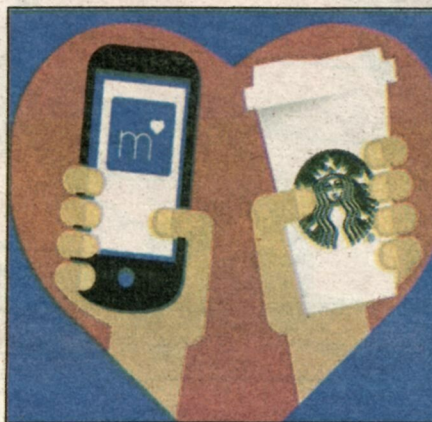
connect over a great cup of coffee. We're a place where people come together to share important life moments — big and small. We've been witness to first dates, marriage proposals, job interviews, friends and families reunited, communities gathering and so much more in our stores around the world."

First dates at Starbucks have already been happening for a long time, but now Starbucks and Match want to celebrate them and the success stories that result.

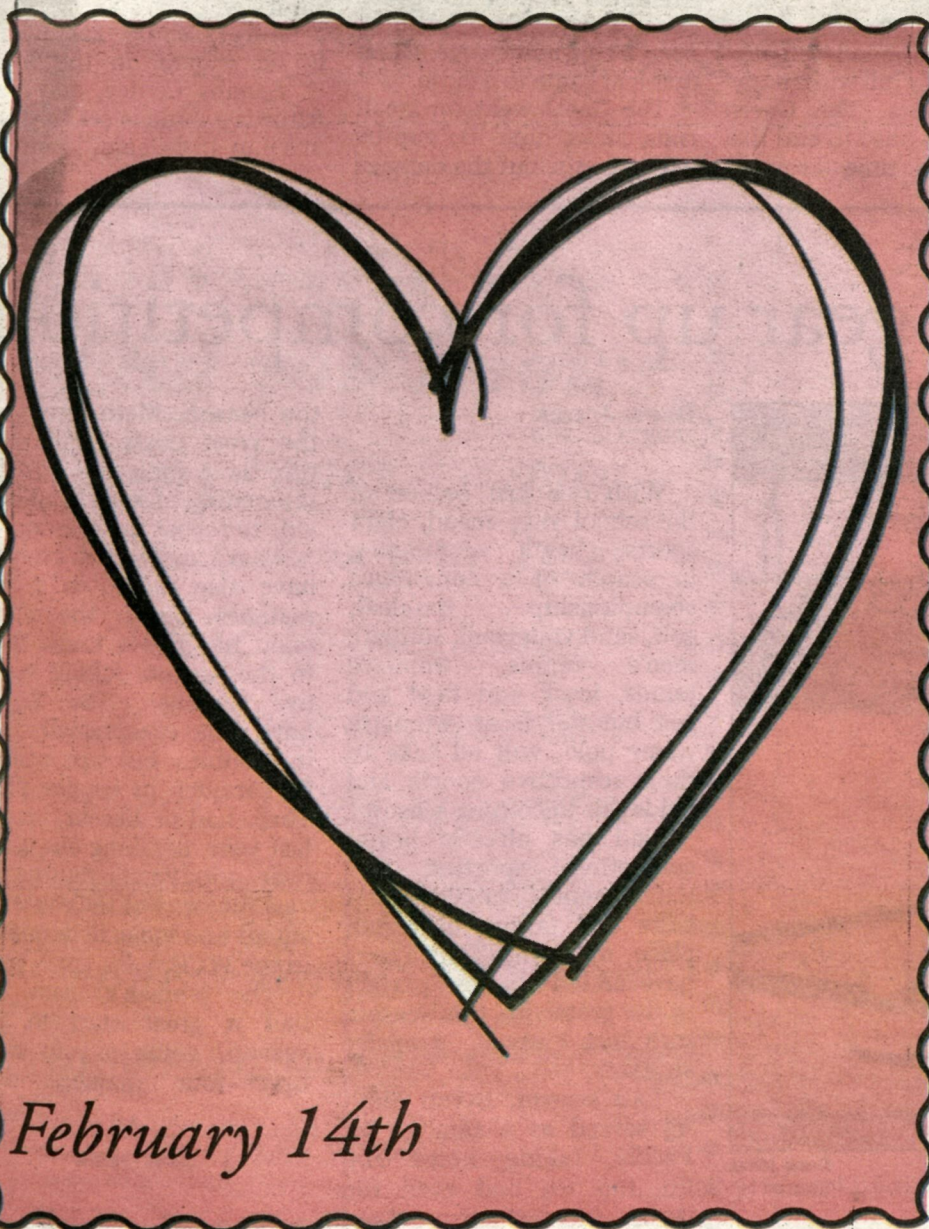
As a part of this day of dates, Starbucks will be offering special coffee and treat pairings for \$5, as well as a unique in-store experience of employee-selected music playlists and photo props to document and share your #StarbucksDate on social media — because who wouldn't want to show the world your awkward first blind date?

Hundreds of thousands of people drink coffee every day, so it sounds like this day should be successful, making this a truly good business deal between Starbucks and Match. If that doesn't seem like a profitable business move on their part, than what does.

After this "world's largest coffee date," they are sure to make history becoming the ultimate dream team for romance. So whether you're single or taken, I hope you can brew up some love this Valentine's Day!



CDN





# SPORTS

## TIGER X SCHEDULE Baun Fitness Center

### Thursday:

6:30-7:15 A.M.  
-- Cycle  
12:05-12:50 P.M.  
-- Yoga  
5-6 P.M.  
-- Zumba  
5:30-6:15 P.M.  
-- Cycle  
6:30-7 P.M.  
-- TRX Express  
6:45-7:15  
-- Abs & Assets  
7-7:30 P.M.  
-- TRX Express  
7:30-8:30 P.M.  
-- Yoga  
9-9:45 P.M.  
-- Black Light Cycle

### Friday:

6:30-7:15 A.M.  
-- Cycle  
8-9 A.M.  
-- Fit and Functional  
12:05-12:50 P.M.  
-- Cycle  
5:15-6:45 P.M.  
-- Yoga

### Monday:

6:30-7:15 A.M.  
-- Cycle  
8-9 A.M.  
-- Fit and Functional  
12:05-12:50 P.M.  
-- Power Sculpt  
4-4:50 P.M.  
-- Pilates  
5:15-6:15 P.M.  
-- Yoga  
5:30-6:15 P.M.  
-- Cycle  
6:45-7:45 P.M.  
-- Zumba

### Tuesday:

6:30-7:15 A.M.  
-- Cycle  
12:05-12:50 P.M.  
-- Yoga  
4-4:30 P.M.  
-- TRX Express  
4:30-5 P.M.  
-- TRX Express  
5-6 P.M.  
-- Zumba  
6:15-7:15 P.M.  
-- Social Dance  
6:30-7:15 P.M.  
-- Cycle  
7:30-8:30 P.M.  
-- Yoga

Visit [go.pacific.edu/rec](http://go.pacific.edu/rec)  
for schedule updates  
and class descriptions.

## WOMEN'S BASKETBALL

# Pacific Tigers throw down the Gaels

Drew Jones  
SPORTS EDITOR

Women's basketball added another win this past weekend to their reasonably dominating season. The Tigers hosted conference foe Saint Mary's on Saturday. In their previous matchup with the Gaels, the game had to be decided in overtime, with Pacific coming out on top. This time around, Pacific took an advantageous lead in the first half and was able to hold on for the remainder of the game.

The Tigers improved to 17-6 overall and 9-3 in conference. After Saturday, they moved up to fourth place in the West Coast Conference.

The game got off to a slow start, with both teams failing to score within nearly the first two minutes. Forward Kendall Kenyon '15 put an end to the slump, sinking a jump shot and giving Pacific the first two points of the matchup.



Edna Rush  
Guard Hailie Eackles '16 led the Tigers with 17 points against Saint Mary's.

Saint Mary's added a few baskets of their own, but guards Madison Parrish '15 and Hailie Eackles '16 quickly countered with back-to-back three-pointers.

In the following few minutes, both squads fell into somewhat of a lull with many missed baskets. The Gaels would be the ones to end the drought this time around,

firing in two back-to-back jump shots.

Already ahead by five, the Tigers went on a 7-1 run to stretch the gap. Saint Mary's attempted to pull the game closer, but Pacific was able to keep its 15-point edge as the first half came to a close.

The Gaels went on small runs, shortening the gap by a few points, but the damage

had been done. The Tigers would cruise to a 61-48 win over one of their rivals in the WCC.

Notably, Kenyon achieved her 45th career double-double, setting a new program record for Pacific. She tallied 12 points and a career-high 17 rebounds. Eackles led the team with 17 points on the evening and chipped in three rebounds and one assist.

Pacific has six more games in regular season play before they head to Las Vegas for the WCC tournament. They look forward to taking the remainder of the season by the horns and jumping up in the conference standings.

The Tigers are set to host two of their biggest competitors in the WCC, facing off against San Diego on Thursday and BYU on Saturday.

The Thursday game will tip at 7 p.m. in the Alex G. Spanos Center, and the Saturday game is set to start at 2 p.m. in the same location.

## SPRING SEASON PREVIEW

# Spring sports gear up for competition



Drew Jones  
Softball began their season at Arizona State this past weekend. Pictured is first baseman Sydney Lahners '18.

Drew Jones  
SPORTS EDITOR

With one last season of the school year ahead, eight sports begin competing in search of a conference championship. Baseball, golf, sand volleyball, softball, men's tennis, women's tennis, track and field and last but not least, women's water polo, will all take to their respective courts and fields this upcoming season.

Golf has already begun competing, sporting two tournaments under their belts and falling in eighth place in both. The Tigers have added 10 new players to the roster for this season, including seven transfer students.

Last season, Byron Meth '15 served as a catalyst for Pacific, taking home top 20, top 10, and even top three finishes throughout

the season. Meth also won the West Coast Conference title as a junior. It will be interesting to see if he will be able to repeat this season.

Men's and women's tennis have also played in a few matches. So far the men's team has had a tough start to the season, falling in all five matches. The Tigers have done exceptionally well in doubles but are unable to conquer in singles play. They had a decent season last year, finishing one game over .500. Pacific returns the vast majority of their veteran squad and looks to dominate in the WCC.

The women's team has had a great start to the season, going 3-1 in their first four matches. The

SPRING PREVIEW  
CONTINUED ON PAGE 11



## The Tigers may be a threat within the WCC

SPRING PREVIEW  
CONTINUED FROM PAGE 10

Tigers only brought on one new member to the team, Antonella Santeusano '18, and she was just what they needed in order to be a force in doubles play. Pacific had a rough outing last season but hopes to turn over a new leaf and take control this season.

Softball kicked off the spring last weekend in the Kajikawa Tournament hosted by Arizona State. They faced off against a few playoff bound teams and finished the weekend 2-3.

Pacific lost five starters but added six talented new faces to the team. The Tigers will rally around pitcher Dani Bonnet '15 who set the tone for the season, pitching three complete games over the weekend.

They are selected to fall into second place behind BYU in the WCC; nevertheless, they look to shock the world and make their first postseason trip since the 2011 season.

Women's water polo has done quite a bit of work in the pool, already playing in five games, with two of those against two national

teams from other countries. They're currently 1-3, but they look to change the trend as their season picks up this month.

This weekend, baseball will take the field for the first time this season and will host Washington in a four game series. Last season, the Tigers finished one game under .500 and 15-12 in conference. They ranked sixth within the WCC. This season, they boast a 35-man roster and look forward to becoming more of a threat within the conference.

Sand volleyball gets set to start their third season on campus. They will get to compete in their largest schedule yet but will only have the opportunity to host three matchups this season.

The majority of the squad is filled with players who also compete on the indoor volleyball team. Needless to say, they are ready and prepared for their upcoming matches, which will begin in March.

Track is also in their third season at Pacific, and the team is composed of many cross country and soccer players. They are currently preparing for the season to begin in March as well.

## ATHLETE OF THE WEEK



### KENDALL KENYON '15

Tallying 12 points and a season-high 17 rebounds, forward Kendall Kenyon '15 was on fire once again as she led the Tigers to their 17th win this season. Kenyon posted her 45th career double-double, which also sets a new record for the women's basketball program.

(Photo c/o Edna Rush)

## PACIFIC TIGERS

### WEEKLY HOME SCHEDULE

#### WOMEN'S TENNIS

Friday, Feb. 13  
vs. Fresno State  
10 a.m.  
Hal Nelson Tennis Courts

Sunday, Feb. 15  
vs. Nevada  
11 a.m.  
Hal Nelson Tennis Courts

#### WOMEN'S BASKETBALL

Thursday, Feb. 12  
vs. San Diego  
7 p.m.  
Alex G. Spanos Center

Saturday, Feb. 14  
vs. BYU  
2 p.m.  
Alex G. Spanos Center

#### BASEBALL

##### Home opener series

Friday, Feb. 13  
6 p.m.

Saturday, Feb. 14  
2 p.m.

Sunday, Feb. 15  
1 p.m.

Monday, Feb. 16  
1 p.m.

vs. Washington  
Klein Family Field

#### WOMEN'S WATER POLO

Sunday, Feb. 15  
vs. UC San Diego  
10:30 a.m.  
Hal Nelson Tennis Courts

## Did you know?

Every Friday is a spirit day to show your Tiger Pride! Sport Orange and Black or any other Pacific Tigers apparel to show your support for our athletic teams, and most importantly your pride for our school!

For more information, check out the official Pacific Athletics website at [pacifictigers.com](http://pacifictigers.com).



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